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*Advanced Martial Arts and Fitness*

# AMAF Dojo News

It's business-as-usual at the dojo while...

APRIL 2011

## Kali team tours Philippines

Advanced Martial Arts and Fitness heads overseas this month - a team representing our two Perth Kali Sikaran schools travels to the Philippines for some intensive stick and knife training.

AMAF school owner Mike Waite and assistant Guro Beki Kapetanovic will lead a team of 9 students who will join with Guro Hekki Martikainen and his team from Sweden for a pilgrimage to the heart of Filipino Martial Arts.

The team will train in Cebu for a week, learning from many FMA masters. They will then travel to Manila to train for an additional week with legendary martial artists Guro Hanshi Tino Ceberano, Master Rodel Dagooc and several of their associates.

The AMAF team will be exposed to

styles including Modern Arnis, Yaw Yan (Filipino kickboxing and close quarter fighting), Eskrido, Kali Ilustrissimo, Doce Pares and Pekiti Tirsia.

Guro Beki and the AMAF team will return to WA in early May while Guro Mike attends the 12th bi-annual International Philippines Martial Arts Federation (IPMAF) world training camp. Guro Mike will train with Kombatan Arnis teams from Europe, USA and Australia.

"This will be an awesome experience and a great networking opportunity which will benefit us all for many years to come," Guro Mike said.

### AMAF April classes

All AMAF classes will run as usual while the Kali team is away.

Sensei Fabio will teach both Monday

and Wednesday kids and teens MMA groups as well as his usual BJJ classes.

Sensei Kim Townsend will still run the beginners kids MMA classes and teens Thai, while Chao will continue with his Muay Thai classes, all levels.

Newly awarded Kali assistant instructors Richard Jackson and Ivo Vekemans will step up to become assistant instructors in all beginners, Phase 1 and Phase 2 and above Kali classes until Guro Beki returns. AMAF members and friends can keep up to date with the overseas team and Guro Mike via our FaceBook page (Please see the hotlink on page 2.).

Don't miss this exciting month at AMAF!



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## No-Gi competition

# BJJ team takes home 11 medals

AMAF's competition team, Adrenaline MMA took out four gold, two silver, and five bronze medals at last month's Brazilian Jiu Jitsu no-Gi competition.

Tristen Di Toro won silver, Pavel Misium and Conner Romeo each won bronze in their 6-9years weight divisions.

Teens 10-14 years: Mitchell Papas and TJ Pamplung won gold, Trenton Lyons won silver and Andrew Williams won bronze.

Adult BJJ: Jordan Pennells and Dave Shoebridge took out gold while Declan Milligan and Mike Whitfield won bronze.

School owner and MMA coach Shihan Mike Waite and BJJ coach Sensei Fabio both said



the AMAF team was impressive and performed well including those who may not have won awards, but supported other team members.

## March Thai/MMA grading photos



Grade team (left - right / front then back) Beki Kapetanovic, Shannon Simpson, Amanda Smith, Nicola Findlay, Tyrell Woolcott, Zhenyn Wang, Mohsen Chaudhry, Scott Elliott, Tim Cooling, Wenyan Chen, Paul Riley, Alex Sejournee



Above - Kids MMA blue belt grading: (left to right) Riley Johnson, Ashley Villanueva, Alex Alsop, Matthew Young, Steven Dixon, Kyle Guieb.

At Left: Blue singlets - Rickie Glegg and Jess Sandon



## PERSONAL TRAINING

with Tanya Malagas

Unit 9/5 Milford Street East Victoria Park

**0414 675 230**

CLASSES ARE 40 MINUTES LONG

MONDAY - FRIDAY 9 - 10am

**\$15 PER VISIT** or 2 for \$28, 3 for \$40  
Weekly packages available

### Teens Thai Grading

There will be a teens Thai Grading on Thursday, April 7 starting at 5pm.

Students will grade to yellow and blue singlet levels in what is expected to be a physically challenging as well as technical grading, lasting about 1 hour. Friends and family are welcome to attend.

### Hot Links:

Check out our links for all the latest club news, events and multimedia.

### Web

[www.amaf.com.au](http://www.amaf.com.au)

### Facebook

<http://tinyurl.com/nh6pb9>

### YouTube

<http://www.youtube.com/renshiguero>

### AMAF Photo Albums

<http://tinyurl.com/n76o5q>

### ZDK WA

[www.zdk.com.au](http://www.zdk.com.au)

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ZDK / Weapons:  
**Shihan Guro Mike Waite**  
5th degree black belt ZDK / Muay Thai,  
4th degree black belt Filipino Martial Arts.



BJJ / MMA: **Sensei Fabio Andrade**  
Brazilian, GFTeam, third degree black belt  
BJJ, black belt submission wrestling and  
brown belt Judo.



Muay Thai: **Chao**  
Former professional Thai  
Fighter - The Saint Fighter has  
over 260 Muay Thai fights